

CALIFORNIA STATE BOARD OF HEALTH

Weekly Bulletin



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GUY P. JONES  
EDITOR

**Poliomyelitis  
Less Prevalent.**

The following tables show the status of poliomyelitis in California.

Cases of poliomyelitis reported in California:

	1925	1924
January -----	16	8
February -----	12	4
March -----	11	9
April -----	29	4
May -----	31	1
June -----	77	4
July -----	205	10
August -----	200	9
Totals -----	581	49

The number of cases reported by weeks during June, July and August is as follows:

Week ending June 6, 1925-----	19
Week ending June 13, 1925-----	19
Week ending June 20, 1925-----	17
Week ending June 27, 1925-----	22
Week ending July 4, 1925-----	20
Week ending July 11, 1925-----	25
Week ending July 18, 1925-----	50
Week ending July 25, 1925-----	53
Week ending Aug. 1, 1925-----	54
Week ending Aug. 8, 1925-----	74
Week ending Aug. 15, 1925-----	44
Week ending Aug. 22, 1925-----	38
Week ending Aug. 27, 1925-----	44
Week ending Sept. 5, 1925-----	27
Total -----	506

There were 20 deaths from poliomyelitis in June and 35 deaths from this disease in July.



There are about 161,000 physicians in the United States, of which number some 6,000 are women, and there are some 200,000 women nurses. The recognition of women in the profession has come about within a period of fifty years.—Buffalo Health Bulletin.

**How To Sterilize  
Drinking Utensils.**

The county fair season is in full swing and soft drink stands along the highways and at summer and beach resorts are dispensing large quantities of soft drinks. Most proprietors of such places are complying with the law which requires the sterilization of drinking utensils, but many are not complying. For their benefit the following information relative to permissible methods of sterilization is published.

"The regulations of the California State Board of Health permit the following four methods in the sterilization of drinking receptacles.

1. Sterilization by steam in an apparatus acceptable to the Board of Health.

2. Immersion for fully five minutes in boiling water. (To avoid unnecessary breakage it is advised that glasses be placed in cold water and then the container heated until the water boils.)

3. Immersion in 5 per cent solution of lye or caustic soda, preferably hot, but not necessarily boiling. To accomplish this, a solution of lye is made of a strength of 1 pound of lye to 2½ gallons of water. As this solution is irritating to the skin, the receptacles should be placed in a wire basket, immersed in the solution for 5 minutes, then the basket carried over to a water bath to remove the lye solution.

4. Individual paper or wooden receptacles."



Turn your health into achievement.



### A Few Reminders For Late Campers.

The principles of good mountain sanitation are simple and their practice is not more burdensome than maintaining customary cleanliness around home. At home the person of common decency does not tolerate an accumulation in his yard of cans, bottles, papers, garbage and fecal matter yet why is it that one may frequently see an otherwise attractive spot in the mountains littered with these things? Is it because the camp ground is only a temporary stopping place and campers lack the neighborliness to clean up their own refuse out of kindness for those who follow? Is it that same return-to-nature, otherwise carelessness, that on a camping expedition contents a man to go a week or two without a shave? It is thoughtlessness, and carelessness, perhaps laziness, but no part of nature.

\* \* \* \* \*

Do not drink promiscuously from streams. The summer population on the watersheds of our mountain streams is very great and some people are apt not to use the precautions against contamination that you would like. Carry with you a clean container for water and fill it from sources that you have reason to believe are safe.

\* \* \* \* \*

Of all waste materials, the most offensive and the most potentially dangerous are intestinal discharges. The direct discharge of such material into any mountain stream is obviously a cause for immediate danger to persons below who may drink from that stream. And direct discharge does not only mean passage immediately from the intestines to the stream. A rainfall results in a general washing-off of the land and accumulations of fecal matter on stream banks or in dry water courses may be expected to reach the stream sooner or later. Do not be deceived by the common statement that a rapidly flowing stream purifies itself within some specified number of feet. The life and virulence of a disease germ are measured in days and not distance. The faster the stream flows the longer will be the journey of contamination.

If proper toilet facilities are not available, see to it that intestinal discharges are deposited a hundred feet or more from water courses, and cover them with earth.

\* \* \* \* \*

In the open country pure air is abund-

ant, food requires the same scrutiny as elsewhere, the selection of drinking water warrants special precautions. The most conspicuous violations of good sanitation in the open country, and indirectly violations of health precautions, are due to lack of neatness, to careless littering of the ground with rubbish and refuse. Because of their past associations with humans, these articles of discard are offensive, or even dangerous, to humans.

\* \* \* \* \*

Remember that you are one of many thousands of campers that go to the mountains during a season, and that all have a right to expect you to avoid defiling the pleasure ground that is theirs as well as yours. Remember, too, that these mountains are the catchment areas for drinking water supplies of many thousands of people and that the purity of these supplies depends very largely upon the efforts of yourself and other campers to practice intelligent sanitation.



### INFANT MORTALITY, BELGIUM.

An infant mortality rate in Belgium of 93.1 per 1000 births in 1923 is announced by the Belgian Children's Bureau. This figure is contrasted with the 1922 rate, which was 107, and the rate for the years 1901-1905, which was 147.7. The bureau attributes the improvement in the rate to the work of the child-welfare clinics and the various methods of teaching infant hygiene to the general public, introduced during the war.



### Do You Know Of Any Blind Persons?

The State Department of Public Welfare, of which Mrs. Amy Steinhart Braden is executive secretary, is making a study of the blind in California for the purpose of securing information upon which to base plans whereby assistance of a practical nature may be provided when needed. In announcing this undertaking Mrs. Braden says:

"The ultimate object of such a survey must be the prevention of many causes of blindness, but the immediate purpose of the present survey is the taking of a census of those who are deprived of sight, with a view to the amelioration of existing conditions. With definite information at hand it will be possible to formulate plans."

Public health nurses, health officers and other persons whose daily work brings them into contact with individuals who are blind can be of assistance in making this survey. Special cards for reporting such cases may be obtained by writing to the State Department of Public Welfare, 625 State Building, San Francisco.



## To Conquer Fear Is A Public Duty.

Dr. Ray Lyman Wilbur, President of Stanford University, delivered recently an important address at the University of Pennsylvania. He emphasizes the need for "seeing things as they really are," searching for truth and applying it to the promotion of human welfare. Dr. Wilbur said in part:

"Perhaps the greatest difficulty we have in using intelligence to control our individual or collective conduct comes from the deeply ingrained mental reactions of tabus, fears, prejudices and superstitions. Science and learning have outpaced our populace. Astronomy is accompanied by its popular imitation astrology, medicine has its great shadow land of buncombe, deceit, and plausible foolishness and chicanery. Graveyards still give moonlight visitors the shudders. Even the wife of a university president has to be careful not to seat thirteen at the table, and Friday is a day of sinister import if used for the initiation of journeys or new enterprises. One would think that a sense of humor alone would keep our fellow citizens from thinking it possible that the stars in their courses were interested in the welfare of their livers and the success of their love affairs, but it takes time and much education to cultivate more than the surface of the ordinary human mind.

One of the greatest contributions to our welfare has been the removal of actual knowledge of many of our fears of the unknown. The microscope has taken the mystery out of the transmission of diseases, and diseases are an age-old horror of all humans. We see now that in most diseases the body is serving as host for minute living parasitic organisms of various kinds. To control their lives is to control disease. Biology points the way out. We need no evil eye or demons or even sin for our explanation. Here, as in all of our environment, trained human curiosity is constantly discovering great dependable fundamental natural laws. The interactions of the innumerable cells of the body and the fluids in which they are bathed are carried out in harmony with immutable principles as definite as are those controlling the movements of the celestial bodies. Yet in no phase of human life is prejudice more potent. The will to believe what one wants to believe goes hand in hand with the will to be deceived by those who profit by deceit. Credulity is one of the most lovable and yet that most dangerous of

our human traits, particularly when it helps us to maintain some of our inherited but unfortunate prejudices.

Throughout much of the education of our young we have filled their minds with fairy tales and legends and the antics of rather unpleasant gods and goddesses. A considerable part of our so-called cultural education is about as genuine as Santa Claus. We still have crops of college graduates who have never learned a fact first hand in the laboratory or in the field. An adaptation of the new scientific law of culture with its requirement of industry, imagination and solid mental processes, so that art and beauty will have a large place, will and must do more for our young than the old humanistic culture. Much of our modern literature, while successful financially, is written by literary quacks who prey on the passions and prejudices of folk for their fees. There is a world of romance in plant and animal life and in an honest study of each other and of our environment. Seeing things as they really are so far as we can determine them is a thoroughly wholesome mental process, and much better than to feel the emotional stirs of the vapid novel or to suffer under the grotesque glycerin tears of the movies.

When our young are trained to use the processes of intelligence in making decisions instead of accepting the almost imperious dictates of fear, prejudice, emotions and passion, which well up in us as simple reactions to strong impressions on our nervous systems, we can begin to attack such major difficulties as race prejudice and war, and to find readier solutions in public health and in economic and political life."



We must utilize the law of habit formation. The essence of this law is repetition. The child must keep on doing, long after the impulse given by story or illustration has passed, if he is to have a life-deep habit groove in his brain.—C. M. DeForest.



Our growing youth need instruction in health matters. They need not only to know life for their own protection, but to protect the lives that will be dependent on them as they grow to maturity. Our greatest service to the human race can be done only when we help to make possible a marked increase in positive health. Already our efforts are crowned with a marked prolongation of life. We can free human beings from many of the things that bring them down before the race is run. As a race our success is dependent on the strong and the reproduction of the strong. In the control of the human germ plasm lies man's future. In this great field we have not as yet even reached the amateur stage—Ray Lyman Wilbur, M.D., President Stanford University.



**MORBIDITY.\*****Diphtheria.**

51 cases of diphtheria have been reported, as follows: Los Angeles 15, San Francisco 8, Sacramento 2, Riverside 1, Long Beach 1, Mendocino County 2, Yosemite 1, Berkeley 5, Oakland 4, Santa Barbara 1, San Diego 3, San Jose 1, Monterey County 2, Stockton 1, Orange 1, Gilroy 1, Santa Barbara County 1, Contra Costa County 1.

**Measles.**

10 cases of measles have been reported, as follows: Los Angeles 5, San Francisco 3, San Jose 1, Monterey County 1.

**Scarlet Fever.**

27 cases of scarlet fever have been reported, as follows: Los Angeles 8, San Francisco 5, Stockton 3, San Joaquin County 1, Fullerton 1, Bakersfield 1, San Fernando 1, Oakland 2, San Leandro 2, Long Beach 2, Berkeley 1.

**Smallpox.**

17 cases of smallpox have been reported, as follows: Los Angeles 7, Santa Monica 1, Alameda County 1, Berkeley 2, Oakland 2, San Diego 1, Riverside County 1, San Francisco 2.

**Typhoid Fever.**

22 cases of typhoid fever have been reported,

as follows: Los Angeles 5, Stockton 1, San Diego 3, San Joaquin County 2, Sacramento County 4, Long Beach 2, San Diego County 1, Berkeley 2, California 2.

**Whooping Cough.**

67 cases of whooping cough have been reported, as follows: Los Angeles 21, San Diego County 10, Santa Barbara 8, San Francisco 8, San Joaquin County 3, Alhambra 4, Monrovia 1, Oakland 2, Berkeley 1, Monterey County 2, Modoc County 2, San Diego 3, Palo Alto 2.

**Poliomyelitis.**

24 cases of poliomyelitis have been reported, as follows: Los Angeles 8, San Francisco 3, Oakland 1, San Diego 1, Fresno County 1, Exeter 1, Santa Ana 1, Bakersfield 1, Gridley 1, Pasadena 1, Stockton 2, Palo Alto 2, Redondo 1.

**Epidemic Meningitis.**

Two cases of epidemic meningitis have been reported, as follows: Los Angeles 1, Dinuba 1.

**Epidemic Encephalitis.**

San Francisco reported one case of epidemic encephalitis.

\*From reports received on September 7th and 8th for week ending September 5th.

**COMMUNICABLE DISEASE REPORTS.**

Disease	1925				1924			
	Week ending			Reports for week ending Sept. 5 received by Sept. 8	Week ending			Reports for week ending Sept. 6 received by Sept. 10
	Aug. 15	Aug. 22	Aug. 29		Aug. 16	Aug. 23	Aug. 30	
Anthrax.....	0	0	0	0	0	1	0	0
Chickenpox.....	23	25	38	20	41	23	26	21
Diphtheria.....	71	77	61	51	104	108	156	116
Dysentery (Bacillary).....	2	1	1	2	11	1	19	0
Epidemic Encephalitis.....	2	1	1	1	2	2	5	1
Epidemic Meningitis.....	1	4	2	2	3	2	2	1
Gonorrhoea.....	114	63	105	105	270	97	69	60
Influenza.....	7	6	8	2	5	2	8	3
Leprosy.....	1	0	1	0	0	0	1	0
Malaria.....	0	0	4	7	0	2	0	0
Measles.....	20	9	14	10	23	50	38	16
Mumps.....	77	49	39	36	10	23	16	30
Pneumonia (lobar).....	36	30	20	24	19	16	101	25
Poliomyelitis.....	44	38	45	24	1	1	6	2
Scarlet Fever.....	46	39	41	27	33	36	37	44
Smallpox.....	42	31	14	17	53	41	49	55
Syphilis.....	105	80	81	198	255	72	74	99
Tuberculosis.....	245	141	185	131	156	131	156	88
Typhoid Fever.....	40	46	33	22	8	32	27	17
Whooping Cough.....	182	134	95	67	67	44	74	37
Totals.....	1059	774	788	746	1061	684	864	615

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